



You're not alone in your journey to quit tobacco. Celebrate World No Tobacco Day this May 31 by taking the first step and enrolling in the program. Our trained Quit Coach® staff will help you create a plan tailored to you. You may even be eligible to receive free NRT which includes a choice of patch, gum or lozenge. Call today, so we can support you in making every day a no tobacco day.

1.800.QUIT.NOW | www.quitlineiowa.org
(1.800.784.8669)



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